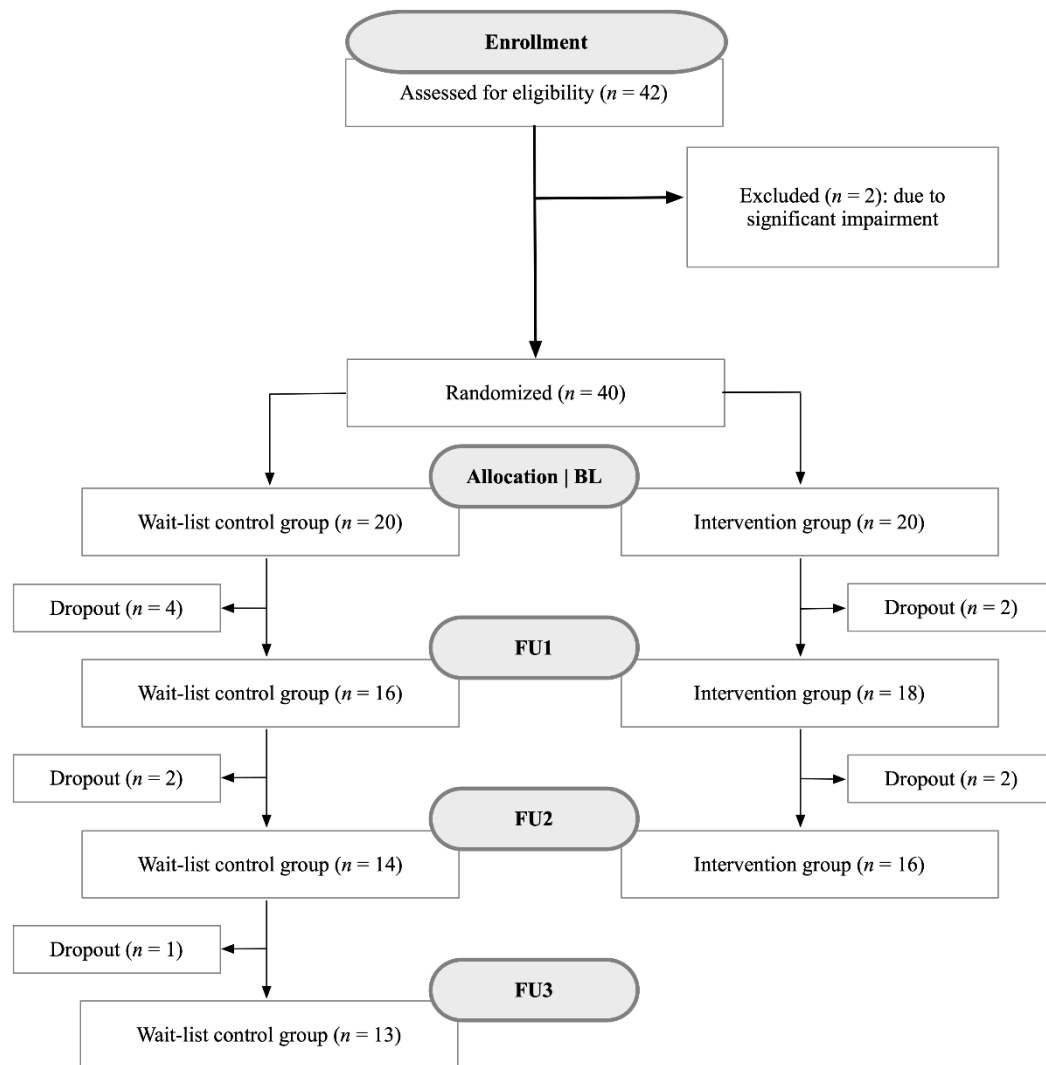


Participant Flow



Note. This study utilized a longitudinal design to observe changes over time. Reasons for dropouts included, for instance, loss of motivation in the training program or rejection of any further thorough neuropsychological assessments.

Baseline Characteristics

Table 1. Baseline demographic and clinical characteristics of post-Covid-19 patients assigned to the control group (CG) and intervention group (IG).

Parameter	Total (<i>n</i> =40)		CG (<i>n</i> =20)		IG (<i>n</i> = 20)		Difference
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>	
Age [years]	49.85	8.63	50.15	9.64	49.55	7.73	$M_{\text{diff}} = 0.60, P = .83$
Height [cm]	167.65	7.49	167.50	7.82	167.80	7.35	$M_{\text{diff}} = -0.30, P = .90$
Weight [kg]	79.54	15.05	80.06	13.71	79.02	16.62	$M_{\text{diff}} = 1.04, P = .83$
BMI [kg/m ²]	28.29	5.09	28.61	5.06	27.98	5.24	$M_{\text{diff}} = 0.63, P = .70$
	<i>Mdn</i>		<i>Mdn</i>	<i>MR</i>	<i>Mdn</i>	<i>MR</i>	
Education [years]	13.25		13.25	19.08	13.50	21.93	$U = 228.50, P = .44$
Disease duration [m]	20.60		22.74	22.43	15.61	18.58	$U = 161.50, P = .30$
Duration acute infection	1 [6-10 days]		1	18.93	1.50	22.08	$U = 168.50, P = .38$
Functional status	2		2	23.65	0	17.35	$U = 137.00, P = .052$
	<i>Count</i>	<i>%</i>	<i>Count</i>	<i>%</i>	<i>Count</i>	<i>%</i>	
Sex [female]	32	80.0	16	80.0	16	80.0	$\chi^2(\text{df}=1) = 0.00, P = 1.000$
Vaccination ^a [yes]	20	50.0	10	50.0	10	50.0	$\chi^2(\text{df}=1) = 0.00, P = 1.000$
Hospitalization [yes]	2	5.0	0	0.0	2	10.0	Fisher's Exact Test: $P = .49$
Pre-existing condition [yes]	24	60.0	15	75.0	9	45.0	$\chi^2(\text{df}=1) = 3.75, P = .053$

Note. ^aVaccination before infection. Significance tests compare the control group (CG) against the intervention group (IG). m = months.

Primary outcome measures

Supplement Table 2. Results of the 2x3 ANCOVAs. Presented is the significance of the group (2 levels: control group, intervention group) x time (3 levels: BL, FU1, FU2) interaction effect to evaluate the efficacy of a three-month tablet-based training program for post-Covid-19 patients.

Domain	Subtest	<i>n</i>	<i>F</i>	<i>df</i>	Error <i>df</i>	<i>P</i>	η_p^2
Attention	Digit span forward ^a	30	6.11	2	50	.004	.196
	Digit span backward ^a	30	0.85	2	50	.43	.033
	TMT-A [time] ^b	30	1.95	2	52	.15	.070
Executive function	Planning ^c	30	1.94	2	52	.15	.069
	Categories ^a	30	2.04	2	50	.14	.076
	TMT-B [time] ^a	30	1.16	2	50	.32	.044
Memory	Immediate recall (A) ^a	30	0.28	1.53	38.36	.70	.011
	Immediate recall (B) ^a	30	1.88	2	50	.16	.070
	Short-delayed recall ^b	30	0.02	2	52	.98	.001
	Long-delayed recall ^b	30	0.35	1.56	40.57	.66	.013
Word fluency	Formal-lexical ^b	30	0.34	2	52	.71	.013
	Semantic ^c	30	0.71	2	52	.50	.027
Global cognition	MoCA ^c	30	2.44	2	52	.10	.086
	MoCA memory index ^a	30	2.25	2	50	.12	.083
Subjective Cognitive Complaints	FSKB [QPC] ^a	30	2.11	2	50	.13	.078
Fatigue	FISD total ^b	27	1.86	2	46	.17	.075
Depression	ADS ^a	30	2.01	2	50	.15	.074
	HADS-D ^c	30	0.96	2	52	.39	.036
Anxiety	HADS-A ^a	30	0.25	2	50	.78	.010
Quality of Life	WHOQoL-Physical ^a	30	1.82	1.45	36.18	.18	.068
	WHOQoL-Psychological ^a	30	1.92	2	50	.16	.071

Note. ^aall covariates included as assumptions were met, ^b sex excluded as a covariate, ^c education excluded as a covariate. Significant results are highlighted in bold.

Table 2. Results of the 2x2 ANCOVAs. Presented is the significance of the group (2 levels: control group, intervention group) x time (2 levels: BL, FU1) interaction effect to evaluate the efficacy of a three-month tablet-based training program for post-Covid-19 patients.

Domain	Subtest	<i>n</i>	<i>F</i>	<i>df</i>	Error <i>df</i>	<i>P</i>	η_p^2
Attention	Digit span forward ^a	34	5.10	1	29	.03	.150
	Digit span backward ^b	34	0.00	1	30	.97	.000
	TMT-A ^c	34	0.12	1	30	.73	.004
Executive function	Planning ^b	34	3.74	1	30	.06	.111
	Categories ^a	34	2.12	1	29	.16	.068
	TMT-B ^d	34	0.10	1	30	.76	.003
Memory	Immediate recall (A) ^a	34	0.19	1	29	.67	.006
	Immediate recall (B) ^a	34	2.93	1	29	.10	.092
	Short-delayed recall ^a	34	0.24	1	29	.63	.008
	Long-delayed recall ^a	34	0.02	1	29	.89	.001
Word fluency	Formal-lexical ^a	34	0.71	1	29	.41	.024
	Semantic ^a	34	2.05	1	29	.16	.066
Global cognition	MoCA ^a	34	2.16	1	29	.15	.069
	MoCA Memory Index ^a	34	6.40	1	29	.02	.181
Subjective Cognitive Complaints	FSKB [QPC] ^a	34	5.83	1	29	.02	.167
Fatigue	FISD total ^a	31	0.06	1	26	.81	.002
Depression	ADSL ^b	34	5.57	1	30	.03	.157
	HADS-D ^b	34	0.98	1	30	.33	.031
Anxiety	HADS-A ^a	34	1.07	1	29	.31	.035
Quality of Life	WHOQoL-Physical ^a	34	1.65	1	29	.21	.054
	WHOQoL-Psychological ^b	34	0.14	1	30	.71	.005

Note. ^a all covariates included as assumptions were met, ^b education excluded as a covariate, ^c sex excluded as a covariate, ^d age excluded as a covariate. Significant results are highlighted in bold.

Table 3. Results of the pre-post comparisons in all patients before and after completing the three-month tablet-based training.

Domain	Subtest	<i>t</i>	df	<i>P</i>	<i>d</i>	<i>M</i> ± <i>SD</i> (BL)	<i>M</i> ± <i>SD</i> (FU)
Attention	Digit span forward	-3.22	30	.003	-0.58	7.19 ± 1.66	8.26 ± 1.86
	Digit span backward	-3.00	30	.005	-0.54	5.06 ± 1.93	6.26 ± 2.34
	TMT-A [time]	3.56	30	.001	0.64	31.75 ± 10.55	26.15 ± 10.26
Executive function	Planning	-1.22	30	.23	-0.22	8.42 ± 2.64	9.13 ± 2.16
	Categories	-6.64	30	<.001	-1.19	30.00 ± 8.99	38.71 ± 9.92
	TMT-B [time]	4.07	30	<.001	0.73	63.25 ± 18.12	52.71 ± 17.20
Memory	Immediate recall (A)	1.23	30	.23	0.22	29.69 ± 4.21	28.90 ± 4.42
	Immediate recall (B)	-2.98	30	.006	-0.54	6.03 ± 2.04	7.42 ± 2.05
	Short-delayed recall	1.25	30	.06	0.36	10.52 ± 1.96	9.90 ± 2.14
	Long-delayed recall	0.68	30	.50	0.12	10.42 ± 2.26	10.16 ± 2.15
Word fluency	Formal-lexical	1.16	30	.26	0.21	22.13 ± 1.22	20.13 ± 1.43
	Semantic	-1.56	30	.13	-0.28	30.26 ± 11.26	34.45 ± 7.69
Global cognition	MoCA	-1.48	30	.15	-0.27	28.26 ± 1.55	28.74 ± 1.24
	MoCA memory index	-1.68	30	.10	-0.30	12.97 ± 1.74	13.58 ± 1.88
SCC	FSKB [QPC]	4.61	30	<.001	0.83	5.42 ± 2.23	3.55 ± 2.34
Fatigue	FISD total	2.61	27	.02	0.49	67.96 ± 29.40	56.29 ± 31.98
Depression	ADSL	7.69	30	.001	0.63	16.81 ± 9.90	11.94 ± 8.91
	HADS-D	2.39	30	.02	0.43	5.71 ± 4.74	4.19 ± 3.35
Anxiety	HADS-A	2.47	30	.02	0.44	4.90 ± 3.28	4.00 ± 2.92
Quality of life	WHOQoL-Physical	-2.94	30	.006	-0.53	24.84 ± 5.51	26.84 ± 5.44
	WHOQoL-Psychological	-2.77	30	.01	-0.50	22.65 ± 3.56	23.71 ± 3.84

Note. SCC = Subjective cognitive complaints. Significant results (pre-post changes) are highlighted in bold.

Adverse events

There were no adverse events associated with this study.